



## HOW TO RECORD YOUR VIRTUAL RUN RESULT

Here's how to run, record and register your result over the race upload period from Saturday 17 July - midnight Sunday 8 August, and find yourself on our live leaderboards!

1. Download your official Virtual Race Bib Number by clicking the link in your 'Ready to Run' email.
2. Using your GPS watch or GPS app on your phone e.g. Strava, Garmin and run your registered distance.
3. Upload your run to Strava, Garmin or any other online platform which shows a record/summary of your completed distance and time.
4. Click the link in your 'Ready to run' email to submit your result
5. Upload a photo of your completed run results and record your finish time
6. Submit your finish time by following the prompts
7. Download your finisher certificate
8. Watch the race unfold online.

ALL RUNS MUST BE UPLOADED BY MIDNIGHT SUNDAY 8 AUGUST TO QUALIFY.

Below are the distances that need to be completed for your nominated event/s. Virtual distances available in 2021

Virtual Marathon: 42.2km

McDonald's Virtual Half Marathon: 21.1km

Westpac Virtual 10km Run: 10km

Cricks Virtual 5km: 5km

RMHCSEQ Virtual 2km

